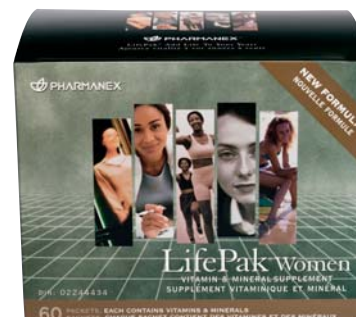


LifePak Women®

VITAMIN AND MINERAL SUPPLEMENT

DIETARY SUPPLEMENT



Positioning Statement

LifePak Women® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated for women to support longevity and wellness. LifePak Women® provides comprehensive anti-ageing dietary nutrients an array of antioxidants, vitamins, and minerals typically lacking in the average adult woman's diet. LifePak Women® specifically supplies additional calcium, magnesium, vitamin D, boron, silicon, vitamin B6, vitamin K, vitamin A and cranberry powder to address health concerns for women, such as osteoporosis, post-menopausal syndromes (PMS) and urinary track infection (UTI). Other important health benefits include powerful antioxidant support to protect cells, immune system support, cardiovascular health support, blood sugar metabolism support, complete bone health, energy metabolism, promote neural tube health in developing babies and combat the body against symptoms of ageing. LifePak Women® is optimally formulated for pre and perimenopausal women. Used with Pharmedex® Optimum Omega™, LifePak Women® provides a nutritional foundation for a long life - full of vitality and energy and free of many health issues associated with nutritional deficiencies. Convenient packaging of six gelatin capsules in a small packet makes it easy to take LifePak Women® every day with meals.

Concept

Enjoying excellent health and staying healthy throughout one's life span begins with eating right. There is a growing mountain of scientific evidence demonstrating the direct correlation of eating a diet rich in fruits and vegetables with the prevention of many degenerative conditions that were previously thought unrelated. As each new clinical report is published, people are reminded of the importance of eating a healthy diet. A growing number are turning to more healthy food selections and sources, yet our modern lifestyles often make it difficult to consume recommended levels of key nutrients that are essential to our health and

well-being. Dietary surveys continue to confirm a sad fact—the overwhelming majority of people do not consume optimal levels of key nutrients by diet alone.

A nutritional survey completed in 1996 by the US Department of Agriculture (USDA) showed that most people do not meet the Recommended Daily Allowance (RDA) for most essential vitamins and minerals. A more recent study published in the Journal of the American Medical Association (JAMA) in 2002 reported that low levels of key nutrients such as the antioxidant vitamins A, C, and E may increase the risk of several health conditions. Furthermore, the researchers concluded that "It appears prudent for all adults to take vitamin and mineral supplements."

According to the trends in health status, females enjoy longer life expectancy at birth compared to males, however the 1996/97 New Zealand Health Survey revealed that women's self-rated health were scored worse than men's (Statistics New Zealand). Some health concerns are significant and/or exclusive to females, such as osteoporosis, premenstrual syndrome, menopause, urinary track infection and so on.

Osteoporosis is the result of a long-term decline in bone density which weakens the bones making them very fragile. The symptoms of osteoporosis are often absent until fractures occur, although in some cases there may be a loss of height, a hunched back or back pain. Women are at an increased risk of developing osteoporosis after menopause. Other risk factors include family history, smoking, low body weight, heavy alcohol consumption and physical inactivity (Ministry of Health New Zealand, 2004b). Females are more likely to have osteoporosis than males, and prevalence increases with age (Focusing on Women 2005, Statistics New Zealand). Osteoporosis can be prevented with regular exercise, lifestyle changes such as quit smoking, a well-balanced diet consisting of low fat dairy product, dark green, leafy vegetables, and foods fortified with

LifePak Women®

calcium, and increased intake of calcium and vitamin D by taking a good multi-vitamin and mineral supplement (www.womenshealth.cc), such as LifePak Women®.

Premenstrual syndrome (PMS) refers to a variety of symptoms experienced by women one to ten days before the beginning of a menstrual period. PMS appears to be caused by cyclical changes in hormones. There are more than 150 identified symptoms of PMS, some common symptoms include bloating, weight gain, breast tenderness, edema of the legs, joint pain, skin eruptions, headache, irritability, anger, anxiety, mood swings, depression, insomnia, sweet foods cravings and increases in appetite.¹ Taking nutrition supplements such as vitamin B6, vitamin C, iron, iodine, magnesium, vitamin D and additional calcium can help improve menstruation and establish regular cycles. Vitamin B complex, vitamin A, folic acid, and minerals calcium and zinc are shown to relieve some of the PMS symptoms and tension.²

Menopause is the time when ovaries produce significantly less estrogen and progesterone, supply of eggs wanes, menstruation ceases and pregnancy is no longer possible. Menopause usually results from a decreased production of the female sex hormones, and occurs between the ages of 40's and 50's.³ Irregular menstrual problems are the most common effects felt from menopausal women. Notable menopause occurrences include hot flashes, night sweats, fatigue, mood swings, fluctuations in sexual desire and difficulty in sleeping. Osteoporosis and coronary artery disease are the two major health conditions developed during menopause. Exercise can help strengthen the bones and heart, minimising osteoporosis and coronary artery disease. New research has shown that many nutritional supplements are valuable tools for fighting conditions associated to menopause (www.womenhealth.cc).

Urinary tract infections (UTI) are common in women. Up to 60% of women have a urinary tract infection at some point in their life. At least a third of women with UTI will experience a recurrence during the following year.⁴ The most common cause of UTI is bacteria from the bowel that lives on the skin near the rectum or in the vagina which can spread and enter the urinary tract through the urethra. Sexual activity is the most important risk factor for UTI (www.womenhealth.about.com). UTI can be treated with antibiotics to relieve the symptoms. Research has shown that regular drinking of cranberry juice seems to reduce the recurrence of UTI, and cranberry juice provides an alternative tool for prevention of UTI.⁵

LifePak Women® Dietary Supplement

Pharmanex® LifePak Women® is a comprehensive dietary supplement of important antioxidants and phytonutrients, vitamins, minerals, and other metabolic cofactors that help promote general health and wellness. Targeting needs at the cellular level, LifePak Women provides your body with optimal levels of nutrients that are essential for vigour and vitality. LifePak Women®'s many health benefits include powerful antioxidant protection, immune system support, promotion of cardiovascular health, blood sugar metabolism support, complete bone nutrition, and other anti-ageing benefits. LifePak Women® is optimally formulated for pre and perimenopausal women to address women's health concerns including osteoporosis, premenstrual syndrome, menopause and urinary tract infection.

Additionally, LifePak Women® also helps maintain healthy eyesight, promotes healthy teeth and gums, supports weight management efforts, promotes skin function and protection, supports energy metabolism, and helps maintain mental performance. Healthy diets with adequate folate may also reduce a woman's risk of having a child with a brain or spinal cord defect.

LifePak Women® Addresses Specific Health Needs With Comprehensive Formulas In One Product

LifePak Women® is really many individual product formulas scientifically combined into one convenient product. Each sachet contains one vitamin capsule, two phytonutrient capsule, and three mineral capsules.

Corrects Nutritional Deficiencies

LifePak Women® improves the foundation of your daily health by supplying the body with over 20 essential vitamins and minerals for optimal health and energy. The 2005 USDA diet guidelines point to some persistent nutrient deficiencies (vitamins B₁₂ and D for elderly, iron for pregnancy, etc.) and the USDA has issued the following recommendation: "...efforts are warranted to promote increased dietary intakes of vitamin E, calcium, magnesium, potassium, and fibre by children and adults and to promote increased dietary intakes of vitamins A and C by adults."

Balances Bone Nutrition and Helps Prevent Osteoporosis

Bone health is a growing concern globally, especially for women. Women after menopause are at higher risk of developing osteoporosis. Adequate intakes of calcium, vitamin D, magnesium and boron are necessary. LifePak Women® provides key bone nutrients in clinically significant amounts to strengthen and maintain bone health, and help prevent osteoporosis with essential

¹ N Reavley, Vitamins Etc, Bookman Press, p 665.

² Kirschmann G J & Kirschmann J D. Nutritional Almanac 4th Edition, p 327-328.

³ Kirschmann G J & Kirschmann J D. Nutritional Almanac 4th Edition, p 328-329.

⁴ & ⁵ T Kontiokari, K Sundqvist, M Nuutinen, T Pokka, M Koskela & M Uhari, Randomised trial of cranberry-lingonberry juice and Lactobacillus GG drink for the prevention of UTI in women, BMJ. 2001 June 30; 322(7302): 1571.

LifePak Women®

nutrients. Bone minerals calcium and magnesium are included in LifePak Women® formula as the building blocks of bone health. LifePak Women® provides vitamin D to regulate calcium and magnesium bone metabolism, and vitamin K to help transport calcium to the bone and prevent bone loss. Silicon, boron and soy isoflavones work synergistically with other bone nutrients for maximum absorption and efficacy.

Balances Immune Support

Vitamins A, C, E, carotenoids, vitamin B₆, and zinc help to bolster the immune system and give your body the nutrients to perform optimally. LifePak Women® contains optimal levels of these nutrients to support the normal function of the immune system and keep the body healthy.

Supports Blood Sugar Metabolism

LifePak Women® maintains normal blood sugar levels, glucose tolerance and insulin metabolism by supplying the body with optimum amounts of chromium, vitamin C, vitamin E, alpha-lipoic acid, magnesium, and zinc—important nutrients clinically shown to support normal blood sugar.

Helps Protect Your Body With Cardiovascular Nutrients

LifePak Women® provides the optimum amounts of more than 40 different antioxidant nutrients that work synergistically in the body to protect the LDL blood lipids from oxidation by free radicals. LDL-cholesterol is the bad cholesterol that needs to be kept low, and can become oxidised in the body. LifePak Women® is clinically proven to make LDL particles more resistant against oxidation by free radicals.

Helps Protect Your Body Against the Symptoms of Ageing

LifePak Women® contains proprietary Tēgreen 97®, one of the most powerful antioxidants on earth, to address the central cause of ageing—cellular DNA damage. As we age, our antioxidant defence system becomes weaker. At the same time, the large amounts of free radicals produced in the mitochondria damage mitochondrial DNA, which leads to diminished energy production and also diminished cellular function and regeneration. All of this leads to the appearance of ageing symptoms.

Protects Cells With a Powerful Antioxidant Network

LifePak Women® contains over 40 antioxidants (including proprietary Tēgreen 97®) for cell health. Pollution, stress, and run-down lifestyles produce free radicals that damage our cells. Our bodies are under constant attack by these free radicals, and science has shown that a network of antioxidants (rather than a high amount of a single antioxidant) has been shown to be more effective in combating these damaging molecules. The body relies on a steady supply of dietary antioxidants to maintain optimal health. LifePak Women® includes all eight forms of natural vitamin

E, buffered vitamin C, selenium, copper, zinc, and manganese. Other antioxidants include six carotenoids, over 20 flavonoids (including catechins and over 10 grape seed polyphenols), and alpha-lipoic acid.

Helps Premenstrual Syndrome Symptoms Relief

LifePak Women® provides scientific amounts of vitamin C to improve menstruation and aid in iron absorption. Vitamin B₆ and Zinc are included in LifePak Women® formula to help establish regular cycles. Vitamin A in LifePak Women® may relieve general symptoms associated with premenstrual tension. The vitamin B complex, especially vitamin B₆ and folic acid, also help relieve some of the tension.

Assists in Relief of Menopause Symptoms

A combination of aerobic exercise, healthy diet and supplementation with nutrients may have the similar results of hormone replacement therapy (HRT) without the side effects in relief of symptoms of menopause. LifePak Women® supplies soy isoflavones to help reduce hot flashes, improved cholesterol and prevent bone loss. Vitamin E helps relieve night sweats, hot flashes, backaches, fatigues, nervousness, insomnia, dizziness, shortness of breath, and heart palpitations. Vitamin A and C, the B complex, and zinc are important for skin maintenance. LifePak Women® also provides evening primrose to diminish frequency and intensity of hot flashes. The powerful antioxidant defence network in LifePak Women® helps strengthen the body to fight major diseases that can occur due to menopause.

Helps Prevent Urinary Tract Infection

Women have used cranberry juice for over 100 years to promote urinary tract health. Current research indicates that cranberry may help maintain a healthy urinary pH (acidic) level, which may promote urinary tract health, kidney health, and may discourage the growth of bacteria in the urinary tract. Clinical trials have shown that self treatment with cranberry juice may reduce the recurrence of UTI, and cranberry juice provides an alternative tool for prevention of UTI. Based on researches, LifePak Women® supplies cranberry powder to help prevent UTI and reduce recurrence of UTI in women.

Primary Benefits

- Corrects nutritional deficiencies
- Supplies an optimal level of bone nutrients and helps prevent osteoporosis
- Promotes healthy immune function
- Supports normal blood sugar metabolism
- Supplies a comprehensive blend of nutrients to support a healthy cardiovascular system
- Offers superior anti-ageing benefits and cell protection against damaging free radical attacks by providing a powerful

LifePak Women®

antioxidants network

- Helps premenstrual syndrome symptoms (PMS) relief
- Assists in relief of menopause symptoms
- Helps prevent urinary tract infection (UTI)

What Makes This Product Unique?

- Formulated to address the unique nutritional issues of women with clinically proven nutrients
- Contains safe levels of vitamin A for women of child bearing years
- LifePak® was the first comprehensive dietary supplement to show antioxidant benefits in double-blind, placebo-controlled studies
- LifePak Women® provides clinically-significant amounts of all of the essential vitamins and minerals
- LifePak Women® promotes your entire antioxidant defence network to protect against free radical damage
- LifePak Women® provides a wide range of antioxidants for optimal benefit
- Provides significant doses of antioxidant vitamins, mineral cofactors, broad spectrum carotenoid blend, over 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid
- LifePak Women® is scientifically proven and highly researched, with over 200,000+ published studies on the LifePak Women® antioxidants and nearly 800,000 published studies on all LifePak Women® ingredients
- Used together LifePak Women® and Optimum Omega™ constitute one of the most comprehensive anti-ageing supplement program available

Who Should Use This Product?

Pre and perimenopausal women concerned with improving their health should take LifePak Women®

Did You Know?

- By age 18, female bone growth is nearly complete, with minor accumulations in bone density occurring until around the age of 30
- According to the 2002/02 New Zealand Health survey, an estimated 2.4% of adults (or 1 in 42 adults) have osteoporosis
- Almost 80% of females do not get the recommended daily amount of calcium
- The DNA in each cell of your body receives 70,000 free radical hits per day

Frequently Asked Questions

Why should I take LifePak Women® with Optimum Omega™?

LifePak Women® supplies the body with essential micronutrients typically deficient in modern day diets, while Optimum Omega™ supplies the body with the essential macronutrients EPA and DHA typically deficient in modern day diets. In addition to providing a

comprehensive nutritional foundation, Optimum Omega™ works synergistically with LifePak Women® by enhancing nutrient bioavailability and absorption for maximum health benefits.

What are the 40+ antioxidants in LifePak®?

See information in LifePak®

What is an antioxidant network?

See information in LifePak®

Can I take LifePak Women® if I am pregnant?

While many pregnant women take LifePak Women® without complications, it is advised on the package label that pregnant women consult with their doctor before taking any of the Pharmanex® supplements.

What is the difference between LifePak Women®, LifePak Prime® and LifePak®?

Based on studies that have shown significant and differing nutritional needs in different demographics, Pharmanex has developed LifePak® formulas to meet the specific needs of men and women at different stages of life.

- LifePak® is recommend for adults 18 to 40 years of age.
- LifePak Prime® has been formulated to meet the specific needs of men age 40 and older and postmenopausal women.
- LifePak Women® is formulated for pre and perimenopausal women.

Key Scientific Studies

See information in LifePak®

Directions for Use

Take one (1) bag daily with 250 mL (1glass) of liquid during your meals. Store in a cool, dry place.

Packaging

60 bags (60-day supply)

Each bag contains 1 vitamin, 2 phytonutrient and 3 mineral capsules.

Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a doctor before using this product.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

LifePak Women®

Supplement Facts

Serving Size One Packet

Amount Per Serving	%Daily Value*	
Vitamin A (83% as Beta Carotene from Palm Fruit and Blakeslea trispora Extracts, Vitamin A Palmitate)	7500 IU	150%
Vitamin C (as Calcium Ascorbate)	250 mg	417%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Acetate, Beta, Gamma, Delta Tocopherols, Tocotrienols)	150 IU	500%
Vitamin K (as Phytonadione)	20 mcg	25%
Thiamin (as Thiamine Mononitrate)	3.75 mg	250%
Riboflavin (as Riboflavin)	4.25 mg	250%
Niacin (as Niacin, Niacinamide)	20 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	10 mg	500%
Folate (as Folic Acid)	300 mcg	75%
Vitamin B ₁₂ (as Cyanocobalamin)	15 mcg	250%
Biotin (as Biotin)	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate, Tricalcium Phosphate, Calcium Propionate, Calcium Ascorbate)	500 mg	50%
Phosphorus (as Tricalcium Phosphate)	100 mg	10%
Iron (as Iron Chelate)	5 mg	28%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Chelate Magnesium Oxide)	250 mg	62%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium (as L-Selenomethionine Sodium Selenite)	70 mcg	100%
Copper (as Copper Chelate)	0.5 mg	25%
Manganese (as Manganese Chelate)	1 mg	50%
Chromium (as Chromium Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Cranberry Powder	200 mg	*
Inositol (as Inositol)	125 mg	*
Polyphenol and Flavonoid Blend	107.5 mg	*
Catechins (from Camellia sinensis) Leaf Extract (20:1)	(45 mg)	*
Quercetin	(25 mg)	*
Grape Seed Extract (min. 95% Polyphenols)	(12.5 mg)	*
Citrus Bioflavonoids (from Citrus Fruits)	(12.5 mg)	*
Isoflavones (from Soy Extract)	(12.5 mg)	*
Evening Primrose Oil Powder with Gamma Linolenic Acid (Seed)	75 mg	*
Borage Seed Oil Powder with Gamma Linolenic Acid	75 mg	*
Alpha-Lipoic Acid	15 mg	*
Silicon (as Sodium Metasilicate)	5 mg	*
Carotenoid Blend (other than Beta Carotene)	4.5 mg	*
Lycopene (as Lycopene)	(2.5 mg)	*
Alpha-Carotene (from Palm Fruit Extract)	(1 mg)	*
Lutein (as Lutein Ester from Marigold Flower Extract (100:1-2))	(1 mg)	*
Boron (as Boron Citrate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

*Daily Value not established.